

Egg Bites

Serves 6 | Serving size: 1 Egg Bite with English Muffin

Ingredients Needed:

- 6 eggs, beaten
- 1/3 cup fat-free milk
- 3/4 cup cheddar cheeses, shredded
- 1/8 teaspoon salt
- 1/4 teaspoon ground black pepper
- (Optional) 1/2 cup – 1 cup vegetables, diced (onion, pepper, broccoli, spinach, mushroom)
- 6 English muffins
- Nonstick cooking spray



Directions:

1. Preheat the oven to 350°F.
2. In a medium bowl, combine beaten eggs, milk, pepper, salt, and cheese.

3. (Optional) mix in diced vegetables.
4. Pour mixture into a lightly greased 9 x 13 baking dish or into 6 muffin tins.
5. Bake for 15 to 20 minutes until cooked through.
6. Remove from the oven and cut egg mixture into six even squares.
7. Toast the English muffins in a toaster or on a baking sheet for 8 to 10 minutes.
8. Place one egg bite onto an English muffin.

Tips:

- If freezing the egg bites: wrap each egg bite in parchment paper, place them in a freezer-grade container or freezer bag, and label it with the date frozen and the name of the food.
- Reheating: unwrap the frozen egg bite, place the egg bite on a microwave-safe plate with a paper towel under it to catch the excess liquid, and reheat for 1 to 1:30 minutes. Place egg bite on a toasted English muffin.

Note: Nutrition facts label is based on the recipe without vegetables.